



**Harpswell**  
Aging at Home

# Making Harpswell Home for a Lifetime

This newsletter is published quarterly to share all the Harpswell Aging at Home happenings with our community. Old or young, you can take part in many of our events. Join us!

**Fall, 2024**

## UPCOMING EVENTS & ACTIVITIES

### MEALS IN A PINCH

*Every other Tuesday*

**December 17, 31**

**January 14, 28**

**February 11, 25**



Four fresh and/or frozen meals per person **delivered to those who:**

- **Do** not consistently prepare meals for themselves
- **Have** difficulty obtaining food for practical or financial reasons
- **Have** health issues in the home that make proper meal preparation difficult
- **Have** an emergency need

**Contact:** Julie Moulton at  
juliemoulton28@gmail.com  
or 207-330-5416

## A NOTE FROM OUR CO-CHAIRS,

Lili Ott and Bill Snellings

Dear Friends,

November is a time for GRATITUDE. We are especially grateful for Harpswell, a community that embraces neighborliness in ways large and small. Once the chilly November winds descend, our cooks crank up their ovens, the repair team works inside, drivers blast their car heaters so our riders keep toasty warm and Harpswell Aging at Home programs and services continue as always. Our community cares for its own.



The past few months have been busy for HAH. The Repair Café volunteers fixed many items keeping them out of Harpswell's Transfer Station and also saved their owners money. Our newest program, the ROMEOs-- Retired Older Men Eating Out--is proof that groups of mostly men like to get together for lunch and have some fun! We hosted our volunteer appreciation event at Bowdoin's Schiller Coastal Studies Center, to say THANK YOU in person to our many Harpswell volunteers for the half-million dollars of work value they have provided to our town in the first nine months of this year, alone.

Of course there are the regular activities—Lunch with Friends, Cooking at 43° North programs, and Meals in a Pinch that are keeping us busy too.

And--we are thrilled to be the recipient of the Merriconeag Fund's generous year-end matching gift, so contributions to HAH will be doubled until December 31. Without your financial support we couldn't do this important work.

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## UPCOMING EVENTS (CONT.)

### COOKING FOR FRIENDS (With Friends)

Friday, December 13, 27

Friday, January 10, 24

12:00-3:00 pm

Midcoast Hunger Prevention  
Project Kitchen  
(Brunswick Landing)



Do you like to cook? Would you like to cook for a good cause? Join other Harpswell cooks in the new industrial kitchen at MCHPP to make dishes that will be used for Harpswell Aging at Home's Meals in a Pinch program. We'll supply the ingredients and recipes. You come ready for some fun.

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## A NOTE FROM OUR CO-CHAIRS

So here's the best part—during this stressful time when people are so divided, HAH has proven that caring for neighbors can bridge our geographic divides, our age divides, and our political divides. HAH is a microcosm of service and kindness that brings this town together in ways that benefit all participants. In gratitude for our community, we wish you a Happy Thanksgiving and a wonderful holiday season.

With all best wishes to you,  
Lili Ott and Bill Snellings  
Co-Chairs



*Paper Art by Julie Moulton*

## DID YOU KNOW THAT...

**Many of HAH's programs are open to the community, regardless of age?**

From Lunch with Friends to the many programs offered by HAH's Cooking at 43° North, there's something for everyone. Our recent gingerbread house decorating workshop was enjoyed by young and old. Find out what's happening by checking our website [hah.community](http://hah.community) or the Harpswell Anchor community calendar.

**HAH runs intergenerational programs and is proud to work with Harpswell Girl Scout Troop 1263.**

The Girl Scouts are creating videos that tell about HAH's programs. They are interviewing program participants and volunteers, creating storyboards, and making and editing videos that will be broadcast on Harpswell Community Television. This is community at its best!



**Special thanks** to the HAH Communications Team for their writing, editing, photography, web, graphics, and all the other things they do to get the word out about HAH's activities:

*Cindy Bessmer, Heidi Duncanson, LeAnne Grillo, Kathy Hickey, Jo Johnson, Mary Moore, Julie Moulton, Patti Neuhof, and Christine Roy*

We're always looking to add new people to our team. If you are interested in lending a hand, please email us at [hah@hah.community](mailto:hah@hah.community).



## UPCOMING EVENTS (CONT.)

### LUNCH WITH FRIENDS

December 10

Merriconeag Grange

12 noon

All are welcome!

Yummy food, new and old friends, laughter and fun. Don't miss this.



### COMMUNITY COOKIE SWAP!



Sunday, December 8, 2024

1:00-2:00 pm

Harpswell Town Office

SelectBoard Meeting Room

(around the back)

It's that wonderful time of year again. Join Cooking at 43° North for its annual cookie swap. Who doesn't like a tasty holiday cookie with a hot beverage of choice? We sure do. Make 4 dozen of your favorite festive cookies, pack 4 to a package and include a recipe. If weather permits, bring a chair, a hot drink and we'll do a little sampling...yum. We'll also be joined by the Harpswell Girl Scouts for some caroling. Please let us know you are coming by email: [juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com) or by text or phone: 207-330-5416 so we can contact you in case of inclement weather.

Hope to see you there!

## MEET HAH VOLUNTEER

### Anne Taft

Like many Harpswell Aging at Home volunteers, Anne Taft's involvement with the organization started small and before she knew it, she was playing a leadership role!

A resident of Harpswell for 27 years, Anne got involved with HAH seven and a half years ago. She started with the fledgling Cooking with Friends program, where people would get together to cook a meal and

eat together as a way to build community. Next, she was invited to join the Steering Committee, then leaders tapped her professional banking expertise to ask her to become HAH's Treasurer, a position she still holds today. She also serves on the Executive Committee and the food team, and previously coordinated the Lunch with Friends program, which began on Bailey Island then expanded to Harpswell Neck.

One of biggest challenges she (and the rest of HAH) experienced was the pandemic shutdown. The food team had to "turn on a dime" to create a take-out and delivery program so people could continue getting meals. Volunteers would bring food to the back door of the Orr's Island Schoolhouse, the food would be brought to a container sanitizing station, then meals would be packed into disposable containers. Drivers would come and pick up the food to deliver it all around Harpswell, providing an important service as so many stores and restaurants were closed. As the pandemic eased, Meals in a Pinch transitioned to the program it is today, providing four fresh and frozen meals for 55-65 people every other week, as well as emergency meals for people who are ill, recovering from surgery, etc.

When Anne's husband David retired from his dental practice, he also jumped into volunteering with HAH as a member of the Home Repairs team and has recently been lending a hand with the new ROMEO's program. They are two of HAH's most visible volunteers.

"What I have loved about being involved with HAH is the opportunity to meet many more people than I'd ever met in all my previous years living in Harpswell," Anne says. "It has really been a blessing and it's gratifying to get the feedback that people really appreciate all the things we do."



## Harpswell ROMEOS Retired Older Men Eating Out

This program brings folks together for lunch and a program. The most recent event focused on veterans' benefits with presentations by the Veterans' Administration/Togus VA Medical Center and Maine Paws for Vets. Stay tuned for upcoming events in January! Hope you'll join us. Transportation to and from these programs is available.



Getting together with new and old friends for community and conversation.



A lunch of chili and cornbread with all the toppings...along with a preview of the current MREs.



Sharing all the benefits for vets. And Buster, a service dog for veterans was the star of the show!

## Are You Ready for Winter?

As cold and wet weather approaches, Harpswell Aging at Home provides home repair services to keep you safer, warmer, and drier this winter. Contact Tom at the Town Office 207-833-5771, ext 108 to fill out an application. Because of our partnership with Habitat for Humanity/7 Rivers Maine, this is the only program with an income qualification. Here's a list of what HAH can do. If you need to secure services on your own, here's a resource list of contractors and providers.

Sand buckets are available now! Be ready for that first icy rain. Call the Cumberland County Public Safety Office at 1-800-501-1111 to make your request and a deputy will drop it off to you.

## Please help us meet our match!

**The Merriconeag Fund** has announced a challenge grant to Harpswell Aging at Home through the end of 2024. Your gifts to HAH will be matched by the Fund—up to a total of \$10,000, effectively doubling what you give.

From meals, rides, home repairs, neighborly phone calls, and more, Harpswell Aging at Home delivers throughout our town. We can do this because of our community's generosity.

**Your support means so much to those who need a hand.**

**Donate online** at [www.hah.community/donate](http://www.hah.community/donate)

**Donate by check.** Make your check payable to "Harpswell Aging at Home" and mail to: P.O. Box 25, Harpswell, ME 04079

## HELP WANTED

Harpswell Aging at Home seeks a Google Drive/Apps Guru who can support our Google usage, provide training to users, and troubleshoot problems on an as-needed basis.

Pay would be based on an hourly rate/monthly retainer.

Please email [hah@hah.community](mailto:hah@hah.community) with your background/experience to indicate interest.



[www.hah.community](http://www.hah.community)